

## You Are What You Eat

### What's on the menu?

## Students raise their voices over green beans.






Lunch is now much tastier at Wright Elementary School in Nevada. The menu changed, thanks to a class of second graders.

The students did not like eating green beans. What did they do about it? They wrote letters to the school's food service.

"The food is great, but there's one problem. The kids don't like green beans," wrote one student. Another letter said, "We love lunch, but we were wondering if you can pretty please change the green beans."

The food service officials read all the letters. They asked the kids for their help. Now all the kids can enjoy the vegetable choices.

## Color Rules!

	<b>Red</b> strawberries, cherries, tomatoes <b>What They Do</b> help the heart and memory
	<b>Orange/Yellow</b> oranges, apricots, corn, carrots <b>What They Do</b> help the heart and vision
	<b>White</b> cauliflower, potatoes, onions <b>What They Do</b> help the heart
	<b>Green</b> broccoli, peas, spinach <b>What They Do</b> help vision, make bones and teeth stronger
	<b>Blue/Purple</b> eggplants, plums, blueberries <b>What They Do</b> help memory

How many colors do you eat? Brightly colored fruits and vegetables are healthy. Experts say kids should eat a rainbow of colors. Each color helps the body in a different way. Read the chart to learn more.

Strawberry, orange, cauliflower,  
broccoli: Photodisc; eggplant